

Bootcamp-Monday, December 5, 2022

Warm-up: walk/Jog/Run: Outside 5-7 minutes; 10 Walk-Out Push-ups; quick stretch

AMRAP (STRENGTH) 6 minutes TRX PUSH/PULL SERIES

TRX ROW-10 PUSH-UPS-10-Squat-Clean-Press-10

Cardio Tabata #1-20s work/10s rest (6 min.)

1. Kettlebell Swings
2. Burpees
3. Jumping Jacks
4. Squat Jumps                      Repeat

EMOM (6 min.)

-45s-1 min. Plank Hold-feet on TRX

-Squat Jumps on TRX-10

Cardio Tabata #2-20s work/10s rest (6 min.)

5. Kettlebell Swings-Russian
6. Burpees-Surfers
7. Jumping Jack-Plank Jacks
8. Squat Jacks                      Repeat

PARTNER CORE-10 minutes (AMRAP)

-Inch-Worm High Fives-10

-Partner Leg Throws-10

-Boat Hold Weight Pass-10

-High Five Sit-ups

-Partner Bicycle Sit-ups

Cool-Down: Stretch all muscles used in workout